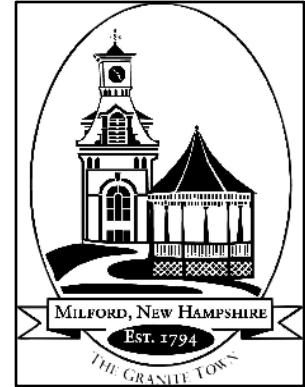


March

April

Milford

Recreation Spring Guide



2014

www.milfordrec.com

SPRING
INTO ACTION

MEMBER OF



1 Union Square • Milford, NH 03055
Phone (603) 249-0625 • Fax (603) 673-2273
recreation@milford.nh.gov



Like us on
Facebook

May

June

Recreation Events

Live Animal Show!

All ages. Calling animal lovers of all ages! Come learn about exotic animals from Critters N' Creatures. You will get the opportunity to meet a snake, naked guinea pig, armadillo and other fun and different friends! You will get to see these amazing creatures up close and some you even get to touch! Plus, you will learn about interesting artifacts. This is one educational experience you will not want to miss! After, join us for a FREE snack and refreshment in the Banquet Hall. Co- Sponsored by Milford Area Mother's Club. Flash photography is allowed. **Milford Town Hall Auditorium. Tickets sold at the door only.**



Wednesday, 3/5 10-12pm
"Crawlers" and infants are FREE

\$2 per person

Fisher Cats Mother & Son Outing

All ages. Join us for a special Mother & Son outing at a Fisher Cats game in Manchester! There will be an opportunity for one lucky mother and son to throw the first pitch at the start of the game (*purchase your tickets by March 31st to be entered into the drawing*)! Also, mothers and sons will be invited on the field for a "high-five tunnel" as the players run on the field! Don't miss out on all the fun, bonding with your son, our group announced on the scoreboard and post-game fireworks. **Pick up tickets at the Recreation office (we will let you know when they arrive).** **Northeast Delta Dental Stadium, One Line Drive, Manchester, NH. We'll meet you there!**



Friday, 4/11 **\$16 per person**
 (ages 3 & under are FREE if they don't need their own seat.)

6:35pm Game Time
 (Arrive at 6pm before the gates get too busy & we can prepare to go on the field!)

Easter Egg Hunt

Grades 4 & under. Hop on over to this wonderful event for the whole family that you don't want to miss! Get your picture taken with the Easter Bunny himself, play egg-citing games, win some prizes, raffles and more!
Keyes Field / Milford Town Hall 3rd Fl. Auditorium.
Bring your own basket.



Saturday, 4/19 11am-1pm
FREE for Milford Residents

Recreation Events



Free Challenger Soccer Clinic

Ages 3-12. Join the British Challenger Soccer Coaches as they provide a FREE clinic to everyone ages 3-12 years old that enjoys or wants to learn more about soccer. The program will provide participants with a glimpse of what will be provided in the Summer 2014 Challenger Soccer Camps. **Keyes Memorial Park Soccer Field.**

Saturday, 5/3 **FREE!**

Ages 3-4, 11-11:30am
Ages 5-6, 11:30am-12:15pm
Ages 7-12, 12:15-1pm

Bus Trips

Boston Flower Show 2014!

All ages. Romance in the Garden— Romance will blossom in this year's landscapes and floral designs. This year's Flower & Garden Show will feature hours of lectures and demonstrations. Plus a marketplace featuring thousands of plants and hundreds of the newest gardening products, and new special events designed to illustrate the changing landscape of gardening. **We will be sharing a coach bus with Merrimack Recreation, space is limited. Book your seat online at www.milfordrec.com.**



Friday, 3/14 **\$40 per person**
Depart Milford 9am/Depart Merrimack 9:30am
Depart Boston 2:30pm
 (Parking at Lorden Plaza, please park towards Nashua St across from Rite Aid)

Mariposa Museum & World Culture Center

All ages. Come enjoy First Friday at the local Mariposa Museum & World Culture Center in Peterborough, which is a 'hands-on' museum of artifacts from around the world. First Friday is a free event open to the public. From 5-7pm the museum is open for viewing, from 6-7pm a reception for the current exhibit will take place and at 7pm a talk, film or performance will be presented. Join us for a fun night out learning about different cultures! **Price includes transportation, entrance to the museum is free. LIMITED SEATS AVAILABLE!**



Friday, 4/4 **\$10 per person**
Depart Milford 4:30pm/Depart Peterborough 9pm
 (Parking at Municipal Parking Lot)

Spring into action with Milford Recreation!

Bus Trips

Robert Frost Farm, Derry, NH

All ages. Robert Frost and his family lived in Derry, NH from 1900-1911. Join us for a tour, view displays, walk a trail and listen to poetry readings in the park! Pack a lunch for a picnic! After, we will stop by Clam Haven for a delicious ice cream treat. **Price includes transportation. LIMITED SEATS AVAILABLE!**

Monday, 5/12 **\$12 per person**
Depart Milford 10am/Depart Derry 2pm
(Parking at Municipal Parking Lot)

Monkey Trunks: Zip-Lining Adventure

Families. Are you the adventurous type and enjoy the thrills of soaring through the air? If so, join us for a day of adrenaline rushes! We will be going to Monkey Trunks, Weirs Beach location, where we will have access to 2-3 hours on three levels of ropes courses and zip-lines. Participants are required to reach arms stretched above their heads to 5'9", going alone, and those who can only reach to 5'4" must be accompanied by an adult. Please have one adult for every two children. Participants must weigh 250 lbs or less. Join us for a thrill! Pack a lunch or grab some grub at Funspot right next store! **Price includes zip-lining/ropes course and transportation.**

Saturday, 5/17 **\$70 per person**
Depart Milford 9am/Depart Weirs Beach 3:30pm
(Parking at Cirtronics, Rt. 13)

New York City Sightseeing Trip

Adults & Families. Upon arriving at Battery Park in NY, you will board a ferry to the Statue of Liberty and then Ellis Island. After viewing the exhibits, our group will visit the 9/11 Memorial. **Book your seat online today!**

Saturday, 6/7 **\$95 per person**
Depart Milford 6am/Depart NYC 6:30pm
(Parking at Cirtronics, Rt. 13)

**Join the Milford
Recreation Department
for affordable, fun and
exciting programs, events
and trips!**



Youth Programs

Tot Drop-In

Toddlers & Parents. Sponsored by the Milford Area Mother's Club. This is a great place for parents and toddlers to come play and chat. Lots of toys and open space. **Town Hall 3rd Fl. Auditorium.**

Mon 12:30-2:30pm Follow MSD Calendar
Thur 9:30-11:30am
\$2/3 per family; member/non-member

Youth Drama Workshop:

Magic & Imagination

Ages 7-10. "Frozen Worlds." Act out magical tales of loyalty, love & courage! Launch into "Frozen" adventures with spunky princesses, crazy reindeer & hilarious trolls (from the movie 'Frozen'). Test your limits, searching for your best friend in Hans C. Anderson's "Snow Queen." Discover a really smart but funny "Reluctant Dragon" in a Swedish cave. Save his life in a tournament. Climb some cold cliffs to find icy folk tales— Russian witches, silly giants & more trolls! Students will be captivated by storytelling at its best. Act out a different adventure every week!

Ages 11-15. Twisted Tales! Did you know that Snow White was the leader of a gang of gambling dwarves? Or that Little Red Riding Hood collected wolf skin coats? Or that the wolf didn't plan to blow down the pigs brick house, he planned to blow it up with dynamite? Stage these hilarious Grimm tales into your own modern play with CRAZY music and costumes. Learn stage craft & characterization.

Instructor Roberta Woolfson. Town Hall 3rd Fl. Auditorium.

**ALL WELCOME !
SPRING SESSION**

Thurs 3/6-5/22
Ages 11-15 3:30-5pm

Res \$165/NRes \$175
Ages 7-10 5-6:30pm

Art on Wheels: After School Program

Ages 7-14. Each Art on Wheels class is full of fun surprises, with plenty of art materials to explore. The projects will stretch the student's mind and artistic abilities. It's never the same class twice. Give your child a boost beyond elementary school art education. Art on Wheels gives them more! **Min of 6 participants.** **Instructor Cheryl Coderre. Town Hall 3rd Fl. Banquet Hall.**

Tuesdays 3:30-4:30pm Res \$60/NRes \$65
Session 3/11-4/1
Session 4/8-5/6 (No class, 4/22)
Session 5/13-6/3



Youth Programs

Toddler Tumbling

Ages 2-5. These 4 week sessions include fun activities and exercises that will help children develop balance, encourage locomotion, learn to follow instruction and develop independence! Parent participation is required.

Instructor MRD Staff. Town Hall 3rd Fl. Auditorium. Limited to 10 participants.

Fridays 10-10:30am

Res \$20/NRes \$22

Session 2/14-3/14 (No class, 2/28)

Session 3/21-4/11

Session 4/18-5/16 (No class, 4/25)

Session 5/23-6/13



Tiny Kicks & Lil' Kickers Youth Soccer Programs

Ages 2-5. Get your children outdoors & moving! Join us for Tiny Kicks & Lil' Kickers, an introduction to soccer program for ages 2-5. While learning about soccer they will also improve coordination, following instructions, encourage locomotion and living a healthy and active lifestyle! Parent participation is required. **Instructor Stephanie Zubricki. Minimum of 6 participants per class. Keyes Soccer Field/Town Hall Auditorium.**



Tuesdays

Res \$30/NRes\$35

Tiny Kicks: Ages 2-3, 10-10:30am & 1-1:30pm

Lil' Kickers: Ages 4-5, 1:45-2:15pm

Session 4/1-4/29 (No class, 4/22)

Session 5/6-5/27

Session 6/3-6/24

Safe Sitter: Babysitter Training Course

Ages 11-15. This fun and exciting course teaches sitters the importance of their unique job responsibilities. Participants will learn how to respond in an emergency situation, how to prevent accidents, how to play and interact with children of all ages, how to feed babies and CPR introduction! Prepare your child for increased responsibilities and money earning potential. Great for big brothers and sisters! This is a 1-day (7 hour) intensive training course. Please pack a lunch. Safe Sitter course includes training manual and certification upon completion. **Instructor Steph Zubricki. PRE-REGISTRATION REQUIRED. Minimum of 6 participants. MPD Community Room.**



Saturdays 4/26, 7/12, 8/16, 11/1

9am-4pm \$75 per person

School Vacation Programs

School Vacation Programs

Grades K-5. Looking for something fun and affordable during vacation week? Each day is filled with active games, art, music, team building activities, board games, and a pizza & movie on the last day of the program. Please pack a snack and lunch each day and appropriate clothing for outdoor play in the town parks if weather permits. **Min of 6 participants. Please register early! Town Hall 3rd Fl. Auditorium.**



Spring Recess 4/21-4/25 8:30am-4pm

Res \$125/NR \$135

Register by April 5 & SAVE \$15

For the Family

Archery Lessons

All ages. Learn to shoot like Katniss in The Hunger Games. Students will be taught how the bow functions, bow and arrow safety, and aspects of arrow flight. No equipment necessary, just bring your willingness to learn and have fun. **Instructor Dana White. Indoor location Bales Gym/Outdoor location Keyes Field.**



Wednesdays 5:30-6:30pm Res \$60/NRes\$65

Session 3/12-4/2

Session 4/9-5/7 (No class, 4/23)

Session 5/14-6/4

Session 6/11-7/2

Contra Dance

All Ages. Contra Dance refers to several folk dance styles, in which couples and individuals dance in two facing lines. Come meet new friends, no partner required, easy to learn and lots of fun! **Coordinator Frank Woodward 603-487-2480. Town Hall 3rd Floor Auditorium.**



Adults \$7/Children 6-12 \$3.50

Mar	Fri, 8pm	3/28 "Mad Hatters Ball"
Apr	Fri, 8pm	4/25
May	Fri, 8pm	5/23
Jun	Fri, 8pm	6/27
Jul	Fri, 8pm	7/25

For the Family

Shepard Park Public Ice Skating Rink

All ages. Enjoy the winter season by gliding around on Milford's outdoor public skating rink. Ice conditions dependent, closings will be posted on Facebook and www.milfordrec.com. **Shepard Park.**



Rink open through 8pm

FREE

Teen/Adult Programs

Coed Pickup Basketball

Dust off the Chuck Taylors and hit the court for some pickup basketball. **Volunteer coordinator Larry Tighe. Bales Gym. Limited to 25 participants.**



Tue & Thur @ Bales Gym 6:30-9pm
\$25 per person 1/7-6/12
\$5 Drop-in Fee

(Please note there is no program on: 2/25, 2/27, 3/11, 4/22, 4/24)

Zumba

Zumba, the Latin-dance-inspired fitness-party-turned-workout. The goal of our Zumba dance instructors is to make you want to work out, and to love working out. Zumba is fun, different and effective! There is no complicated choreography, movements are simple to follow, energizing, and the perfect combinations for fitness and fun. Who doesn't want to have fun getting fit? Zumba was created so that anyone and everyone could participate, and our instructors welcome newcomers! All you need is comfortable clothing and cross trainers for sneakers. **Instructors Ashley Illg and Rae Mangiavas. Town Hall 3rd Fl. Auditorium. Min of 6 participants.**



Wednesdays 6-7pm
\$35 per person
\$10 Drop-in

Session 3/5-3/26
Session 4/2-4/23
Session 5/7-5/28

Intro to Drawing & Sketching

There's a big arty world out there to explore—and all it takes to participate is a pencil, a piece of paper and YOU! Sketching & drawing is a hobby that never grows old, doesn't cost much, and can be done everywhere. It will improve your painting, and is the basis for other artistic endeavors. **Min of 6 participants. Instructor Cheryl Coderre. Town Hall 3rd Fl. Banquet Hall.**



Tuesdays 7-8pm Res \$55/NRes \$60
Session 3/11-4/1
Session 4/8-5/6 (No class, 4/22)
Session 5/13-6/3

Teen/Adult Programs

Digital Photography Classes



Level 1 (4 Classes)

Learn to love your Digital SLR! Tips and tricks on how to take better photos with your expensive cameras that 'just don't take good pictures'. Come out and learn through an interactive experience. You'll learn how to take great digital photographs that are light, bright, and in focus regardless of your skill level. This class is taught in everyday words, without all the photo jargon, by a professional with 20 years of experience. Don't forget your camera!

Session: 3/17-3/27

Level 2 (4 Classes)

Learn a whole new level of what your camera can do. More on lighting, weather, surroundings, and a variety of subjects. NOT a beginner class; must be able to find and use all settings on the camera on your own. ***PREREQUISITE: Digital Photography - Level 1 with Photo 66 OR have working knowledge of Shutter, Aperture & ISO.**

Session: 3/31-4/10

Both levels are taught by Michelle Palys of Photo 66. Town Hall 3rd Fl. Banquet Hall. Min of 5 participants.

Mondays & Thursdays 10-11:30am

\$149/person

Coed Pickup Volleyball



Looking for a place to go brush up on your volleyball skills and have some fun? Then come join us! All ability levels are welcome at this open format of play. **Coordinator Heidi T. Location Heron Pond. Limited to 25 participants.**

Mondays @ Heron Pond Gym 6:30-8:30pm
\$35 per person 3/24-6/9
\$5 Drop-in Fee per person
(No program 4/21 & 5/26)

Mommy & Me Walking/Running Group

Moms & Kids. It's time to get outside and get moving and socialize with friends! Pack up your kids and the stroller and join us at the Milford High School Track. You can walk and/or run and end with a group cool down. Do what you want at YOUR pace. It's all about motivating each other to get active and healthy! Feel free to come or go during the allotted time. **Milford High School Track. Coordinator Stephanie Zubricki**



Sunday's 9:30am-11:30am \$10 per family
Session 3/30- 6/22
(No Program 4/20, 4/27, 5/25)

Teen/Adult Programs

Coed Softball League

Ages 18+. Open to all surrounding communities. Limited number of teams accepted. Mandatory coaches meeting at sign ups. **Volunteer coordinator Jamie Carpentier.**



Registration & Mandatory Coaches Meeting
Sat, 4/12 Milford Town Hall 12-2pm

\$360 per team (*does not include umpire fees)
Season: Sundays, 5/4-8/24
(Please note there is no play at Keyes Field July 20th, and no games May 25th or July 6th)

Senior Activities

Senior Fitness: Sit and Get Fit

Combining fun and fitness, join a community of seniors and older adults for a total-body workout appropriate for any fitness level. A chair is used for seated and standing support while using light hand held weights. This class is designed to help increase muscular strength, flexibility, joint stability, balance and range of motion. Don't wait, let's get started now! **Instructor Cyndi Maston. Location Town Hall 3rd Fl Auditorium.**



Fridays 10:45-11:30am \$30/session OR \$8 drop-in
Session 3/7-3/28
Session 4/4-5/2 (no class 4/25)
Session 5/9-5/30

R.O.W- Rec.On.Wheels

Don't have a car? Need assistance getting to the store to get items around the house, medication, a gift for someone's birthday or for the holidays? R.O.W is a service we are now offering our seniors once a month to get to certain stores they may not always have access to. Each month we will go to a different store and lunch location (so we can socialize have some fun too!). A MRD staff member will help with navigating stores. We want to help give you access for your needs! **A minimum of 8 people needed to run each trip. Bus is handicap accessible. Pick-up location: Milford Town Hall. 2nd Thursday of each month, times change each month.**



April 10th: Merrimack Outlets & Common Man Restaurant Bus 9:30am
May 8th: Walmart & Pastamore Bus 11am
June 12th: Mall of New Hampshire (Manchester) & Bertucci's Bus 9am
July 10th: Target & Panera Bread Bus 11am

\$10 per person (price includes transportation)

Senior Activities

Coffee Connection

Each month we offer a different activity. Coffee and refreshments served.
Milford Town Hall Banquet Hall.



2nd Wed. each month 10-11:30am \$1 donation

March 12th: Community Service Project: Easter Eggs
April 9th: Woodman's Florist
May 14th: Windows on West St. Café (\$10, 11:15am)
June 11th: Laughter Yoga with Peggy Cappy

Brunch Bingo

Bring a brown bagged lunch and play B-I-N-G-O! Product prizes for winners of each game. Refreshments will be provided. **Milford Town Hall Banquet Hall.**



4th Wed each month 12-2pm \$1 donation

Community Events

Guided Hikes

For location and description, check the Conservation Commission website, <http://www.milford.nh.gov/conservation>, for further information. Sponsored and run by the Conservation Commission. **4th Saturday of each month (except December). 9-11am, rain or shine.**



Heart Saver CPR/AED Course

Preparation makes the difference. If you witness a medical emergency, will you be prepared to respond? Be ready to deliver lifesaving care with this course. **For more information go to: <http://ambulance.milfordnh.info> or contact Milford Ambulance Director, Eric Shelberg at 249-0610 or eschelberg@milford.nh.gov.**



Tuesday, 2/18 3pm
Monday, 4/14 6pm
Saturday, 6/28 1pm

124th Annual Firemen's Ball

All proceeds to benefit Milford Firemen's Relief Association. Live music by the Mirage Band! Food will be provided & donated by Papa Joe's and the event will be held at the Milford VFW. **Tickets available at Milford Fire Station, may be purchased at the door the night of the event.**



Saturday, 4/12 7pm-Midnight
Tickets \$10 each